

**ABSTRACT**

The moisture-absorbent/releasable heat-generating intermediate material of the present invention is inserted between an outer material and a lining, both having a moisture-permeable/waterproof property, a windproof property and other desired properties, thereby constituting a heat-retaining article. It comprises a blend of a heat-retaining fiber including an air layer of not less than 50 ml per 1 gram and a moisture-absorbent/releasable heat-generating fiber. The moisture-absorbent/releasable heat-generating fiber generates heat by absorbing moisture in a vapor phase or in a liquid phase discharged from a human body and an immobile air layer formed by the heat-retaining fiber retains the heat.